Join us for our 15th annual

Senior Lifestyles Conference

> Country Springs Hotel 2810 Golf Road Pewaukee

> > Sponsored by:

Waukesha County
Department of
Senior Services

Commission on Aging



PROGRAM 2006 Senior Lifestyles Conference October 23, 2006

7:45 Registration, Coffee & Donuts

8:00 Exhibits Open

8:30 Welcome: Dan Vrakas, County Executive

Cathy Bellovary, Director

Senior Services Ed Olson, President

ProHealth Care/

Waukesha Memorial Hospital

8:45 Keynote: Mary Pierce

"Remember Laughing? It's Never Too Late For Joy"

9:20 Break - Visit Exhibits

9:45 Workshops (Group 1)

10:40 Break - Visit Exhibits

11:05 Workshops (Group 2)

12:10 Lunch - Visit Exhibits

1:30 Workshops (Group 3)

2:35 Wrap-up, Evaluation, Door Prizes*

*You must be present to win a door prize!

Flu & Pneumonia Shots Offered by Waukesha County Public Health Services Available 7:45 AM - 12:00 PM

Conference registration required before receiving flu/pneumonia shot(s).

- Flu & pneumonia shots can be given at the same time. Pneumonia shot will only be given if it is your first pneumonia shot.
- Medicare Part B will pay for both flu and pneumonia shots; bring your Medicare Card.

For those not on Medicare, the flu shot is \$25; the pneumonia shot is \$42. Fees are payable at the time shot(s) is received.

Featured Menu

Stuffed Chicken Breast with a Mushroom-Parsley Sauce Green Beans, Carrots and Red Onions Herb Roasted Wedge Potatoes

Vegetarian Menu -Vegetarian Lasagna



"Remember Laughing? It's Never Too Late for Joy"

We all have them--those things that rob us of joy in life. And they seem to pile on as we get older! Humorist and author Mary Pierce will help you identify your joy robbers and banish them forever. Laugh along as you learn how to have the life you've always wanted and why it's never too late for joy!

Visit the Conference Exhibitors

Alliance Bible Church; Alta Mira @ North Hills; Anthem Blue Cross Blue Shield of Wisconsin; Aurora Health Care;
Aurora Health Care - Freedom 55+ Membership Program; Breezewood Village; Edward Jones; Catholic Charities;
Coalition of Wisconsin Aging Groups; Elmbrook Church; Edward Jones; The Fireside Dinner Theatre; Healthreach
Rehabilitation Services, Inc.; James L. Hintzke, CPA, SC; Humana; Interfaith Cargiving Network; Krause Funeral Home;
La Casa Village; Lamers Tour & Travel; Laureate Group; Lifescan a Johnson & Johnson Company; Luther Manor;
Lutheran Homes of Oconomowoc; Lutheran Social Services; MetroCare Home Medical; Positive Transitions (Realty Executives;
Smart Moves, LLC; Cindy Bong Insurance Agency, LLC; Joanne Leifheit, Attorney at Law; A Place For Mom); Presbyterian
Homes; ProHealth Care: Waukesha Memorial & Oconomowoc Memorial; ProHealth Home Care/Hospice, Angels Grace Hospice;
Response Link of SE WI; Retired & Senior Volunteer Program of Waukesha County; Steeple View Inc.; Stowell Associates
SelectStaff Inc.; Three Pillars Senior Living Communities; Tudor Oaks Retirement Community; Tobin's Hearing Center;
Treasured Tributes/Archie Monuments; Visiting Angels; Volunteer Center of Waukesha County Waukesha County Department
of Senior Services; Waukesha County Federated Library System; Waukesha County Park System;
Waukesha Memorial Hospital; WCTC - LIR; Wheaton Franciscan Healthcare; Woodland Health Care Center

Participation as an exhibitor does not constitute product endorsement by the Waukesha County Department of Senior Services.

Workshops - Group 1 9:45 AM - 10:40 AM

• Yoga

Stretch through many Asanas (poses) learning proper alignment, increasing strength, and enhancing focus with balances. This is a great starter or refresher class. Perfect for maintaining flexibility.

> Susan Sternkopf ProHealth Care West Wood Health & Fitness Center

Discovering the Artist Within

Tap your creative potential! Gail will help you use drawing and visualization exercises to appreciate the beauty surrounding us and encourage looking at life from a new perspective.

> Gail Grable Lutheran Homes of Oconomowoc

• Husband/Wife Relationships **After Retirement**

Gain insight into how to negotiate the transition in a marriage relationship when a couple retires. This major transition in life can be a fulfilling, rewarding, joyful time. Terry Fulks will be sharing from the wisdom he has gleaned in 25 years of counseling couples and leading marriage retreats. Several couples who have successfully navigated these situations will be sharing from their experiences.

> Terry Fulks Lutheran Homes of Oconomowoc

• Keeping Your Mind Healthy/Active

Join us for this interactive workshop to learn about the brain, the last frontier, and how to keep it healthy. We will also explore methods to stimulate our memory and learn ways to improve retention. If your memory has been less than perfect these days, (and who's hasn't) this will be a fun lesson on staying sharp.

> Geri Heppe ProHealth Care Waukesha & Oconomowoc Memorial Hospitals

Workshops - Group 2 11:05 AM - 12:00 PM

• Humor and Health

With an upbeat attitude and congenial sense of humor, we will address the link between health and humor, the importance of laughter, of taking one's life, but not one's self, seriously.

> Dale Dahlke Lutheran Homes of Oconomowoc

Line Dancing

We will be introducing one of the first line dances taught in the Milwaukee area called "the Electric Slide", which is still very popular today. It is often done at festivals and weddings. Come with your dancing shoes on!

> Allen W. Horwath along with Laurie Aubuchon, Doris Mossing, Janice Ramsey, Jane Molter & Sue Rooney

• Advocacy—How to Voice Your Opinion and Get Involved

How can people voice their concerns effectively? How can people effect change, influence issues? What works, what doesn't? What can people do from the comfort of their own homes? Learn how to get involved and give input on issues, all kinds of issues (local, state & federal), not just "senior" ones.

> Pat Pollworth SE WI Area Agency on Aging

• What's New In Diabetes Nutrition Care?

Check out the latest on diabetes. Learn how to make healthy food and lifestyle choices. Sample recipes. Learn the latest facts and myths on diabetes.

> Mary Smith, MS, CD Department of Senior Services

Workshops - Group 3 1:30 PM - 2:25 PM

• It's A Local Experience!

You will be amazed at the quality fitness, intellectually stimulating classes, travel, outdoor & social opportunities offered at reasonable prices or at no charge in your own backyard. Join us as we uncover the many recreational benefits available through local municipalities.

> Mary Berg, Recreation Supervisor Waukesha Parks, Recreation and Forestry Dept.

• Walking...Every Step Counts

Improve your health and lifestyle by increasing your activity through walking. Learn how to set goals and get the most benefits from this low impact form of exercise. Pedometers will be provided to measure our afternoon walk. Wear your walking shoes!

> Mary Smith, MS, CD Department of Senior Services

• Financial Management

Protect your Lifestyle & Financial Independence. Items to be discussed include retirement planning options such as: distribution planning, rollover planning, beneficiary planning, estate planning, income tax considerations for selling your home; how to deduct the cost of retirement communities; long term care financing considerations, and tax deductible medical expenses. Also includes information on preventing financial Elder Abuse.

James L. Hintzke, CPA, MST, CSA

Live Well Today, Age Well Tomorrow

Staying active and making healthy choices pave the way for a vital life. Join Julie Larsen, M.D., Medical Director at West Wood Health and Fitness Center and faculty member of Dr. Andrew Weil's Program in Integrative Medicine, as she discusses Dr. Weil's approach to healthy aging and shares ideas for lifestyle changes to promote health.

Julie N. Larsen, M.D. ProHealth Care West Wood Health & Fitness Center

Register early. Be sure to indicate a first and second choice for each workshop group.

Space is limited. Receipt of registration by October 9th does not guarantee attendance.

For additional information call the Department of Senior Services at (262) 548-7848.

The Country Springs Hotel is located off of I-94. Exit on County Highway T, North (exit 293) to Golf Road. Left on Golf Road for one mile.

2006 Senior Lifestyles Conference October 23, 2006 - Registration

<u>Group 1</u> 9:45 am - 10:40 am		
1st Choice 2nd Choice		
		Yoga
		Discovering the Artist Within
		Husband/Wife Relationships
		Keeping Your Mind Healthy
Group 2 11	:05 a	m - 12:00 pm
1st Choice	2nd	<u>Choice</u>
		Humor and Health
		Line Dancing
П		Advocacy
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Group 3 1:30 - 2:25 pm		
1st Choice	<u>2nd (</u>	
		It's A Local Experience!
Ц	Ц	WalkingEvery Step Counts
		Financial Management
		Live Well Today, Age Well
Lunch (choose one)		
		☐ Vegetarian Lasagna
		— Vegetarian Eusagna
Name		
Address		
City		State Zip
Phone		
Special Needs (Wheelchair, dietary, etc.)		
Donation: \$15 per person		
Make checks payable to: Department of Senior		
Services. This registration form and payment due by		
October 9 to: Senior Lifestyles Conference		

Department of Senior Services 1320 Pewaukee Rd., Room #130 Waukesha, WI 53188-3878